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## Nourishing Minds, Fueling Futures: Our School Meal Program

At our school, we believe that well-fed students are better prepared to learn and thrive. That's why we're proud to offer a comprehensive meal program that goes beyond just filling stomachs – we're committed to providing nutritious, balanced meals that meet Federal guidelines and cater to diverse tastes.



**Breakfast of Champions** Start the day right with our nutritionally balanced breakfast options:

- Choice of fresh milk
- Seasonal fruits
- 100% fruit juices
- Delicious entrées (most containing 2 components)

To enjoy our breakfast at the standard price, students need only select a fruit and one additional component. For example, an Egg & Cheese Biscuit paired with crisp Apple Slices makes for a perfect breakfast!



**Lunch to Power Through the Day** Our lunch menu is designed to provide energy and essential nutrients:

- Choice of fresh milk
- Variety of fruits
- Selection of vegetables
- Tasty entrée options (most containing 2 components)

To receive lunch at the standard price, students must include either a fruit or vegetable in their selection. For instance, a classic Cheeseburger with Milk and Apple Slices constitutes a complete lunch.



**Did you know?** Your family may qualify for no-cost or reduced-price meals based on household income or family size. We encourage all families to explore this option: [SJCS D Free/Reduced App page](#)



**What's on the Menu?** Curious about our daily offerings? Explore our diverse and nutritious menu options at Meal Viewer: [Visit MealViewer.com now](https://www.mealviewer.com)

At Tocol Creek, we're not just serving meals – we're nurturing potential, one plate at a time. Join us in fostering a healthier, happier school community through good nutrition!

Additionally, our school offers a wide range of Ala Carte options that can be found within the school's cafeteria menu. If you have questions or concerns, please contact the school's Kitchen Manager. They will be able to provide specific information to fit your needs.